

Calhoun County

Contacts: Jane Condon, Calhoun Public Health 712-297-8323 jcondon@calhouncountyiowa.com

Tami Kinney, Calhoun County 712-297-8323 tkinney@calhouncountyiowa.com

Community Health Needs Assessment Snapshot

Promote Healthy Behaviors

Problems/Needs:

- Calhoun County ranks #87 Health Outcomes out of 99 Iowa counties (one of the least healthy counties in the state). 74.4% of stakeholders identified Promote Healthy Behaviors as Public Health priority.
- Calhoun County elementary and high school students are more overweight and obese when compared to students within the state.
- The local nutrition environment lacks healthy food options.
- Local survey results show Enable families to raise healthy, happy children as #1 focus area for Calhoun County Public Health.

Prevent Injuries

Problems/Needs:

- Leading sources of fatal injuries to youth on Iowa farms include 25% machinery (including tractors), 17% involved motor vehicles (including ATVs), and 16% were due to drowning.
- Falls account for 20% of all injury deaths and 41% of injury hospitalizations in Iowa.

Protect Against Environmental Hazards

Problems/Needs:

- Local Survey results ranked Assure water quality and food safety as #4 area on which Calhoun County Public Health should focus.

Prevent Epidemics and the Spread of Disease

Problems/Needs:

- Calhoun County adults and children are not fully immunized according to national recommendations.

Prepare for, Respond to, and Recover from Public Health Emergencies

Problems/Needs:

- Current hand held radios used by first responders (fire, EMS, PH, LE EMA, hospital) are non-compliant with narrow-bandwidth requirements required by 1/1/2013.
- Calhoun County emergency response partners identify readiness gaps at individual, family, organizational and county-wide response levels.

Strengthen the Public Health Infrastructure

Problems/Needs:

- While not a core function of local Public Health services, the capacity to provide personal care services, such as certified home care, Waiver and homemaker, as a safety net / gap filler is identified as a need by other health providers.
- Community engagement is weak. Local survey results ranked barriers to a healthier Calhoun County are: #1 People are busy; #2
- Everyone is not as involved as they should be.

Community Health Improvement Plan

| Goal | Strategies | Who is responsible? | When? (Timeline) |
|---|--|--|-------------------|
| <p>1. By FY 2015, Adults in Calhoun County report increased healthy eating and physical activity</p> <p>2. By FY 2015, reduce overweight and obesity rates in adults to 25% or less; Baseline 29%.</p> <p>3. By FY 2015, Calhoun County's rank related to Health Outcomes has improved to #85</p> <p>4. By FY 2015, adults report increased participation in Screening and Early Detection programs</p> | <p>1. Hold 2 Better Choices Better Health Chronic Disease Prevention Classes annually.</p> <p>2. Encourage high employee participation in employer-based wellness programs.</p> <p>3. Encourage adults to participate in routine, periodic wellness screenings through multiple venues: medical home (The Guide to Clinical Preventive Services – 2007); public programs (Breast and Cervical Cancer Screening, colorectal screening); insurance plans (Medicare and Medicaid preventive physical examinations; Patient Protection and Affordable Care Act)</p> <p>4. Promote use of recreational areas, walking and cycling activities</p> <p>5. Promote routine oral health screening and hygiene</p> <p>6. Align local projects with evidence-based projects offered by federal and state funders</p> <p>7. Sustain and support local self-help projects to enable adults to monitor their health: community-based tele-monitors, mobile screening clinics, local provider projects</p> | CCPH Administrator and Public Health Coordinator - partnerships with local medical providers, faith based organizations, ISU Extension, congregate meal sites, employers | FY 2011 & ongoing |

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| <p>1. By FY 2015, BMI studies of local elementary and high school students show 2% reduction in obesity and overweight rates.</p> <p>2. By FY 2015, School officials, parent groups and students report increased consumption of healthier food & beverage choices in school lunch programs and at extra-curricular events.</p> <p>3. By FY 2015, dental screening rates in local schools will be increased to 90%.</p> <p>4. By FY 2015, students requiring dental treatment will be lowered to 14%</p> | <ol style="list-style-type: none"> 1. Conduct periodic Body Mass Index study of k – 12th grades in all County Schools. 2. Complete analysis of BMI study utilizing CDC BMI Tool 3. Distribute analysis results to school officials and parents 4. Support implementation of Healthy Kids Act: <ul style="list-style-type: none"> • Educate school / parent groups to offer healthier choices at school extracurricular events. • Make recommendations to school and community officials related to walk-a-ability assessments and improvements 5. Participate in medical home development and sustain support for comprehensive, age-appropriate screenings throughout childhood 6. Develop and implement social media campaigns to disseminate federal, state & local promotional messages, programs & services access: Eat and lay the 5-2-1- Way; IPHA Advocacy Statements; Healthy Iowans; Iowa Cancer Consortium, Iowans Fit For Life, WIC 7. Support implementation of I-Smile Program; school-based fluoride rinse programs; public health screening and fluoride varnish program 8. Provide healthy nutrition and activity/ playground info to child care providers 9. Conduct on-going grant-mining to support healthy behaviors projects by Public Health and partners | <p>CCPH Administrator and Public Health Coordinator - with health officials of all 5 school districts, medical providers, ISU Extension, WIC provider, parents</p> | <p>FY 2011 & ongoing</p> |

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| <p>1. By FY 2015, Calhoun County organizers report steady to increased participation of local producers and consumers at area Farmer's Markets.</p> <p>2. By FY 2015, indicators of NEMS survey tool will show improvements in 10 of 12 indicators</p> | <p>1. Establish local promotional messages to increase awareness of benefits of locally grown foods and farm-to-school projects.</p> <p>2. Provide incentives for the production, distribution, and procurement of foods from local farms.</p> <p>3. Enhance & encourage collaboration Between food and nutrition programs.</p> <p>4. Repeat Nutrition Environment Measures Survey (NEMS)</p> | CCPH Administrator and Public Health Coordinator – with Calhoun County Extension Office / ISU nutritionists and agronomists, school and senior health programs | Spring 2012 and on-going |

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| By FY 2015, indicators of family health and happiness will be better than Iowa's indicators | <p>1. Sustain credentialed Family foundations Program to:</p> <ul style="list-style-type: none"> • Prevent Child Abuse • Enhance Parent-child Interaction • Promote Child Health • Promote child development and school readiness <p>2. Support and participate in physician-based medical home that establishes routine, periodic, comprehensive, age-appropriate contact with medical professionals throughout childhood, adolescence and adulthood.</p> | CCPH Administrator, Public Health Coordinator, and Family Foundations Supervisor, Aides and Registered Nurses; Child Care Nurse Consultant; local medical providers, parents | FY 2011 and on-going |

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| By FY 2015, 0 death rate for children age 1 – 14 in Calhoun County will continue | <ol style="list-style-type: none"> 1. Develop & implement bike safety education program for all Calhoun County 1st Grade students. 2. Distribute bike helmets to all Calhoun County 1st graders. 3. Post signs on Twin Lakes bike trail to promote safe behaviors and encourage use of bike helmets. 4. Discuss alcohol, other drugs, violence and abuse, suicide and motor vehicle safety issues with community partners to determine level of preventive activities available 5. Participate in Farm Safety Days annually 6. Develop plan to address injury threat of off road vehicles (ATVs & snowmobiles) and farm safety: <ul style="list-style-type: none"> • Apply for I-CASH grant in 2011 which targets ATV safety 7. Lead or participate in car seat / seat belt safety projects 8. Research other Farm Safety resources, i.e. U of I, ISU, IDPH, IDALS, Agrisafe Network, Farm Safety Just 4 Kids, AgriWellness, Easter Seals, Iowa Farm Safety Council, Nat Center for Agricultural Safety 9. Research and apply for local, state, and private foundation grants to fund safety projects: Calhoun County Community Foundation, Wellmark Foundation, IDPH Child Injury Prevention grants | CCPH Administrator, Public Health Coordinator, EMS – with all 5 school districts in Calhoun County, Calhoun County Conservation Board and Central Point Coordinator, Community and Family Resources, ISU Extension, Calhoun County Fair organizers, parents | FY 2011 and on-going |

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| <p>1. By FY 2013, Calhoun County residents age 65 and older report behavior changes that result in better balance and safer homes</p> <p>2. By FY 2015, CCPH fall incident reports are reduced by 10%</p> | <p>1. Establish & implement an evidenced-based fall prevention program for the elderly: Matter of Balance.</p> <ul style="list-style-type: none"> • Train staff • Develop promotion plan • Schedule minimum of 2 community-based fall prevention programs per year <p>2. Share CCPH Incident Report with staff and governing boards; inform of MOB training events and benefits; encourage promotion to clients and word of mouth</p> | CCPH Administrator, Public Health Coordinator – with congregate meal sites, faith based organizations, medical providers. | FY 2011 and on-going |

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| <p>1. By FY 2015, Calhoun County Environmental Health (EH) program will meet accreditation standards:</p> <ul style="list-style-type: none"> • Provide comprehensive EH services • Monitor for environmental health risks and illnesses • Enforce environmental health rules and regulations • Assure a competent EH workforce <p>2. By FY 2015, 100% of children 9mo to 35mo will be tested for blood lead</p> <p>3. By FY 2015, users of Rental Guide will report it helped consumers to remedy their</p> | <p>1. Maintain qualified Building Inspector to be contacted when unsafe building complaints are received</p> <p>2. Educate EH staff on latest building codes; make county staff available to towns for consultation when needed</p> <p>3. Establish and maintain policy & procedure to follow when housing complaints are received</p> <p>4. Educate the public & city governments of model housing policies, procedures, ordinances, policies and procedures</p> <p>5. Maintain Healthy Homes service to local residents / home owners to improve indoor air quality; offer education</p> <p>6. Continue to use 100% Grants to counties monies for well closures and testing</p> <p>7. Continue Food Inspection Program</p> <p>8. Develop and sustain GIS mapping to identify abandoned wells</p> <p>9. Periodic sharing among public and private housing organizations to assist owners and residents to navigate the complex public assistance process</p> <p>10. Increase social marketing plan to educate contractors and</p> | CCPH Administrator, Public Health Coordinator, EH Manager; Board of Supervisors, local city councils, County Attorney / Iowa Legal Aide, Economic Development, General Assistance, Family Development Center, Mid-Iowa Regional Housing, IDPH, Poison Control Center, | FY 2011 and on-going |

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| housing complaints 4. By FY 2015, # of pounds deposited at HHW site will increase by 25% or 810# (Baseline 3,230# FY 2010) | community of EH services and benefits 11. Research and apply for local, state, and private foundation grants to fund EH services 12. Promote and participate in physician-based blood-lead testing during physician well-child screens; refer to WIC as safety net | Metro Waste Authority, IDPH | |
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| <p>1. By FY 2015, Calhoun County's rate of adults who receive flu vaccine is increased by 10%</p> <p>2. By FY 2015, adult Tdap immunization rates</p> <p>3. By FY 2015, immunization levels of children age 19 – 35 months is increased to 90%.</p> <p>4. Annually, CCPH staff will meet or exceed 90% completion rate for IDSS reporting requirement</p> | <p>1. Sustain seasonal flu and pneumonia immunization programs; avoid duplication by annually collaborating with other local providers prior to the season</p> <p>2. Increase social media as venue for promotional efforts</p> <p>3. Develop plan to immunize adolescents and high risk adults with Tdap vaccine according to CDC recommendations</p> <ul style="list-style-type: none"> • Apply for G.I.F.T. Tdap Grant in 2011 • Conduct mass media marketing to increase awareness • Increase accessibility through distribution at community and school based clinics <p>4. Promote and participate in physician-based medical homes for children and adults to provide comprehensive, preventive health services which includes immunizations according to American Council on Immunization Practices (ACIP)</p> <p>5. Assure CCPH staff is proficient in:</p> <ul style="list-style-type: none"> • IRIS Entry • Age-appropriate vaccine administration recommendations (ACIP) • Monthly reminder & recall • Appropriate use of VFC vaccine <p>6. Develop & implement usage and billing policy for private vaccines</p> <p>7. Assure nursing staff knows communication systems to assure Disease Surveillance and Epidemiology and educate community</p> | CCPH Administrator, Public Health Coordinator, Nursing and Aide staff, local medical providers, SMCH Home Care, IDPH / VFC, local businesses, schools, CCNC, child care providers | FY 2011 and on-going |

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| | on containment issues; Iowa Disease Surveillance System (IDSS) | | |
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| By 1/1/2013, all Calhoun County first responders will be in compliance with the Narrow Bandwidth Radio requirement. | <ol style="list-style-type: none"> Begin replacing radios. <ul style="list-style-type: none"> Replace 150 radios Apply for Calhoun County Community Foundation Grant in 2011. Conduct trainings to assure adequate utilization | CCPH Administrator, Public Health Coordinator, EMA/ EMS, emergency responders | 1/1/2013 |

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| <ol style="list-style-type: none"> By FY 2015, CCPH will meet accreditation standards for Prepare for, Respond to and Recover from Public Health Emergencies: <ul style="list-style-type: none"> Maintain and update the Public Health Emergency Response Plan Participate in local and regional multidisciplinary response planning process Annually test the Public Health Response Plan Assure public health preparedness through education and training | <ol style="list-style-type: none"> Identify and prepare all PH staff: <ul style="list-style-type: none"> Participate in Iowa's Preparedness Grant projects Focus on multi-disciplinary approach to local response (LE, elected officials, DHS, EMS/EMA, EH, PH, medical clinics, hospitals) Involve all levels of response staff in local exercises and drills. Assure redundant communications systems | Public Health Administrator, LE, elected officials, DHS, EMS/EMA, EH, PH, medical clinics, hospitals | FY 2011 and on-going |

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| Calhoun County residents will continue to be served by a home health care system that provides skilled and maintenance services, regardless of ability to pay. | <ol style="list-style-type: none"> 1. Retain Medicare certification 2. Evaluate how individuals and families may get dropped or lost in the health and human service system 3. Sustain communications with other certified agencies to share service eligibility and exchange referrals so people do not “fall through the cracks”. | Public Health Administrator | FY 2011 and on-going |

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| By FY 2015, Calhoun County website will be utilized by community members and providers to broadcast services, exchange information and implement public health service and response plans. | Develop a social marketing process that uses multiple methods to engage private citizens and service providers to communicate in appropriate manners: website development, Facebook, twitter, group texting. | Public Health Administrator, Public Health Coordinator, Environmental Health Director | FY 2011 and on-going |